

Building a Healthy Community: One Paw at a time

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Objectives

- Identify ways a student success program promotes a healthy academic, mental, and physical community.
- Describe an alternative approach to exercise during the work-day.
- Explain the human-animal bond and the incorporation into campus activities.



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A Healthy Academic Community

- Additional academic resources for students through the Student Success program
- Background
- Goal of the Student Success program
- The program is made up of both Academic Coaches and course faculty in the School of Nursing.
 - Using a team approach, course faculty and coaches meet with students both individually and in a group setting.

A Healthy Academic Community

- The Student Success program offers academic support through identifying the individual needs of the student and providing support based on those needs
- Common academic needs seen by the Student Success program
 - Time management skills
 - Testing success/ review of test taking strategies
 - Utilization of appropriate resources for course and testing success
 - Preparation for nursing standardized and licensure exams

A Healthy Emotional Community

- The Student Success program provides additional support to students who verbalize having emotional and personal needs
- Examples of emotional needs
- Provides suggestions for on campus resources based on the student's individual needs
 - Office of Accessibility
 - Student Counseling Services
 - Auburn University CARES department

A Healthy Academic Community



Nursing



Professionally Active Nurses

- United States: 4,676,047
- Alabama: 86,528
- Nurses have the highest employment in healthcare occupations
- 61% of nurses work in hospital settings
 - Education, government, community, nursing homes
- 50% are age 50 and up

Significance

- Over 17% new nurses leave their job within their 1st year of employment
- Over a third leave within 2 years
- Over 40% nurses survey feel a lack of work/life balance
- 20% of nursing students met the recommended physical activity guidelines

Retention and Stress

- Over 50% of nurses worry their jobs affect their health
 - 55% overweight or obese
- 35% nurses say they hope they will not be working in their current job in a year.
- More are considering retirement early on
- 82% feel workplace stress

Man's Best Friend = Health



Human Animal Bond

“The human-animal bond is a mutually beneficial and dynamic relationship between people and animals that is influenced by behaviors essential to the health and wellbeing of both.” *American Veterinary Medical Association (AVMA, 2018)*



Animal Assisted Intervention

- Very broad term
- Using animals in different ways that benefit people
- Animal Assisted Therapy
- Animal Assisted Education
- Animal Assisted Activities

Working with Man's Best Friend



Daisy

Faculty as Mentors

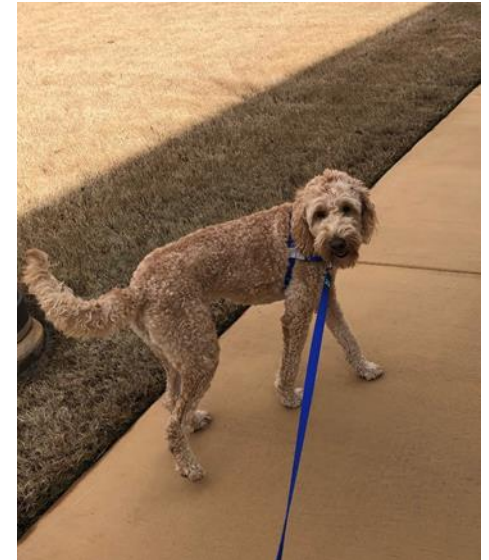
- Faculty driven health promotion
- Set up exercise programs targeting dog walking
- Providing motivational cues
- Using creative methods to retain participants
- Working with communities to implement change

Faculty as Mentors

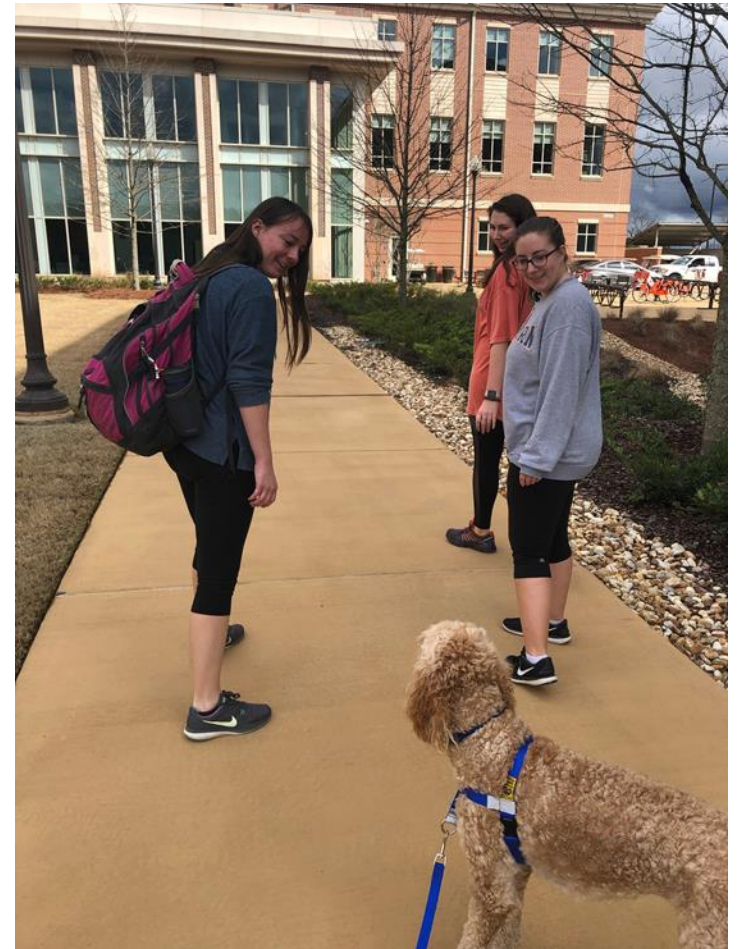
- Mentorship role of faculty is critically important
- Students use physical activity as a coping method
 - Faculty should recognize mental health needs
 - Faculty should encourage coping methods
- Therapy dogs in an academic setting provide support
- interactions with dogs can moderate the effects of stress
- Dog walking is a proven intervention to increase physical activity and in turn, promote health

Promoting Physical Health

- Students are able to “take a break” during lunch time and walk the dogs outside
- Students are able to make a visit to the “CAREing Paws” room during a stressful day
- CAREing Paws dogs visit students on test days and during exam week



Promoting Physical Health

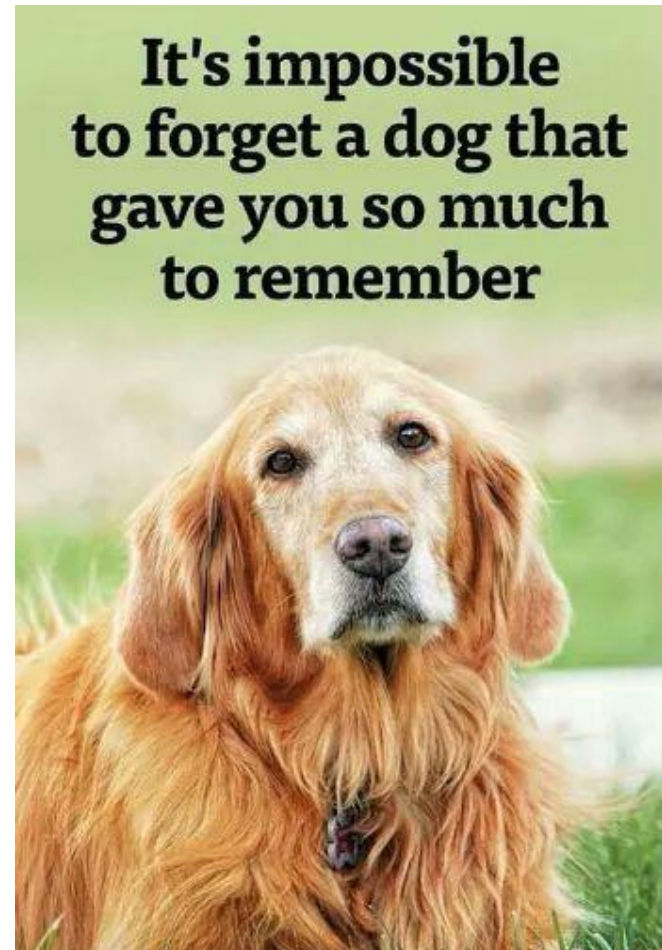


Benefits to Walking

- Can improve fitness
 - Low impact form of physical exercise
- Healthy weight maintenance
- Improves mental health
- Accessible and inexpensive
- Health Benefits to the dog:
 - Obesity
 - Irritable bowel disease
 - Osteoarthritis
 - Provides social stimulation

Students

- In a survey of 61 undergraduate nursing students (Yordy, Pope, Wang, 2018):
 - 24 students- canine at school
 - 2 students never had a pet



Use AAA

- Many students like dogs but don't have access to their own dog
- Loss of emotional support separated from their canine companion
- Promotion of dog walking with AAT program for mutual benefits



In Conclusion

- Faculty can serve as mentors to students
 - Exemplifying behaviors
 - Resources and Referrals
- Canines
 - Assist with mental well-being
 - Sustainable walking programs
- Community of well-being

Thank You



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